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Celebrity Buzz

Miley kickin' it with her ex
pg 18

5 hometown heroes

Ottawa's Dr. Tom Harle, centre, shown with dental assistants and Ottawa Mission Dental Clinic volunteers Wendy Fleming, left, and Marilyn Hingorani, seated, founded the mission's dental clinic in 2007.

TRACEY TONG/METRO OTTAWA

TRACEY TONG
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When you don't know where your next meal is coming from, or where you'll be spending the night, other things take a backseat.

But for some of the city's most vulnerable residents, dental care doesn't have to, thanks to a free clinic at the Ottawa Mission.

The founder and president of Health Teams International Canada, Dr. Tom Harle has been organizing foreign mission work since the 1990s. It wasn't until several years ago, when a patient reminded him of the local need, that he began to see how he could make a difference.

Almost on a whim, Harle inquired about a possible clinic at the Ottawa Mission.

"It turned out they were in the process of opening a primary health clinic and had put aside room for a dental clinic," he laughed.

Less than a year later, in March 2007, the Ottawa Mission Dental Clinic was born.

Today, the clinic — the biggest volunteer-based dental program serving the homeless in the country — is staffed by about 70 volunteers, including 36 dentists, 16 hygienists and 19 dental assistants. There are 14 dental labs that are providing dentures for the clinics.

Businesses also got on board with donations. As a result, the clinic costs only $500 a month to run.

The one-chair clinic is open five days a week and has seen more than 2,000 patients, providing over half a million dollars of free dentistry and more than 5,000 hours of donated time.

Sunny Side

Four more to admire

- Ottawa residents Fran Pearl and Larry Davies are very active in the local theatre scene, Pearl at the National Arts Centre and the Great Canadian Theatre Company and Davies at the Ottawa Fringe Festival since it began 13 years ago.
- A busy mother of four, Wilma DiGaetano, finds time to volunteer for the Carlington Community Chaplaincy, often using her own money to create meals.
- Elizabeth Rapley has volunteered at Helping with Furniture since its inception in 2005, collecting furniture for new Canadians settling in Ottawa.
- Osgoode's Morgan Tessier might only be 14 years old, but she already has all of her high school volunteer hours completed through her tutoring work with the Osgoode Youth Association.

Stairway to heaven?

SCIENCE If the thinking of three York University scientists has been sound, they just might have this world at the end of a tether. Writing recently in science journal Acta Astronautica, Brendan Quine, Raj Seth and George Zhu have come up with a concept and prototype to create a giant inflatable tower that could carry people to the edge of space.

The three scientists have come up with a plan that could be used to create a 20-kilometre tower using inflatable modules that could possibly house an elevator and could be used for research, tourism and telecommunications needs.

"The concept of a space tether that went all the way up to a space station is if you can ascend the tether electrically or by other means, you could gain access directly to space. You wouldn't need … rockets … you would be able to deploy much more sophisticated communications networks," says Quine.

TORSTAR NEWS SERVICE

Sunny Side

Follow Metro's SunnySide initiative as we help you find the good news around Ottawa and Canada. This is also a Call to Action for you to send us your suggestions at ottawaletters@metronews.ca, metronews.ca or on Twitter @metroottawa.

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- **Calling on all Ottawans — share your SunnySide thoughts on what makes Ottawa tick, people, places, events and architecture, on Twitter using #sunnyside**
- **See what other Metro readers are doing and saying about SunnySide**

Today

- **Westfest brings free fun to Ottawa, pg 4**

Franco festival's community feeling

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

Festival Franco-Ontarien would be just like a block party, if tens of thousands of people lived on your block.

"It's not like Bluesfest where you go with your spouse or your friend and see a concert. People come to the Franco and sit on a blanket and speak with each other, and there's a concert in the background," said festival spokeswoman Melany Gauvin.

"It's kind of unique in Canada that we can have this kind of celebration because everyone is bilingual or knows someone who can speak French. We live together and we party together."

Around 40,000 people passed through the gates at Festival Plaza and many more attended free concerts, the parade and saw the buskers in the ByWard Market over the four-day festival.

Just like this year, Gauvin said they would be trying to book another big act like African reggae singer Alpha Blondy, who brought a massive crowd out for his Saturday night concert.

"We saw all kinds of people that we've never seen at the festival, so for sure we're going to go with an international universal concert," said Gauvin.

Sunny Side

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Transit rider suffers collapsed lung after stabbing
A 29-year-old transit rider suffered serious injuries following a stabbing incident on an OC Transpo bus Friday afternoon. Paramedics said the incident occurred near Blair and Montreal roads and that they treated a victim for a collapsed lung. METRO OTTAWA

Local

Gatineau Park expanding

The National Capital Commission is set to acquire approximately 60.36 hectares of vacant private property on Bradley Road in Luskville, Que. The two vacant lots, located within the 1997 boundaries of Gatineau Park, will add to the land within the Gatineau Park boundaries that the NCC has recently acquired. Since April 2008, the NCC has acquired 11 private properties accounting for 48 hectares of land. METRO OTTAWA

Kids walk to fight diabetes

TRACEY TONG
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He might only be nine years old, but Ottawa resident Alexander Meek already takes more responsibility for his health than most adults.

Diagnosed with Type 1, or juvenile diabetes three years ago, Alexander checks his blood three or four times a day and watches what he eats constantly. Last year, he learned to administer his own shots.

A youth ambassador for the Juvenile Diabetes Research Foundation (JDRF), Alexander and his family and friends participated in the Telus Walk to Cure Diabetes at Queen Juliana Park yesterday.

"We want to help in any way we can," said his mother, Kelly Meek.

He wasn't alone.

Tegan O'Reilly, 10, found out two years ago that she had diabetes. She said she wanted to help find a cure.

The 50 members of Team Connor were walking for four-year-old Connor Ouellette, who was diagnosed last September.

"If we can raise enough money, maybe we'll find a cure," said his mother, Krista Ouellette.

TRACEY TONG / METRO OTTAWA

Diagnosed with Type 1 diabetes last year, four-year-old Connor Ouellette, walking beside the stroller, participated with about 50 friends and family in yesterday's Walk to Cure Diabetes at Queen Juliana Park.

In the Ottawa region, the Children's Hospital of Eastern Ontario serves more than 900 families affected by Type 1 diabetes each year, said walk organizer Kerry Winnemore. In the recent past, that number was 650, she said.

"There's an increase in diagnosis," she said.

The most severe form of diabetes, Type 1 diabetes is a non-preventable autoimmune disease affecting more than 240,000 Canadians. That number is increasing by three to five per cent each year, with the greatest rise among children aged five to nine years. Canada has the sixth highest incidence rate of Type 1 diabetes in the world.

More than 2,000 people raised over $167,300 in the walk yesterday.

The walk here was one of 78 walks involving more than 45,000 participants across the country, said JDRF board member Jennifer Kotzeff.

This year, the walks are expected to raise more than $8 million.

"What you're doing is a part of something bigger," she said. The money goes towards research within Canada, she said, "and we're getting close. Watch for something next year."

City may soon restart VoIP talks with Bell

TIM WIECLAWSKI
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The city might be hanging up on Mitel's challenge to the bidding for a parts and service of a new digital voice network worth up to $7 million.

City staff are recommending that the corporate services and economic development committee restart negotiations for Voice Over Internet Protocol services with Bell Canada/Cisco Systems, despite Mitel's position that the bidding process was unfair.

> **"It would not be to the city's benefit to halt the process, leaving themselves with no solution."**
> Rob Collins, adviser

VoIP would merge the city's traditional telephone and data networks into a single integrated infrastructure.

The new technologies would allow for applications like video and web conferencing, integrated voice messaging, and improved performance from call centres.

After a nearly two-year-long bidding process, Bell Canada/Cisco came out as the preferred suppliers for the new network.

But the procurement process was suspended in early April when Mitel, an unsuccessful bidder, offered $2 million worth of free hardware in exchange for the servicing contract.

That offer was rescinded after a fairness commission ruled it out of order, but Mitel chairman Terry Matthews denounced the procurement process as having "significant flaws."

Mitel's position is that there was an implicit unfair advantage in favour of the current data network provider, Cisco, which is also part of the winning VoIP bid.

Matthews' position is that over the past two years, the data network was upgraded to prepare it for VoIP, but those changes were not provided to other proponents, meaning their bids were based on inaccurate data.

Mitel is asking the city to cancel the current process.

However, Rob Collins, acting as the city's chief technology adviser, found that, based on technological and commercial aspects of the bidding process, there was no reason to invalidate the results.

"Given the amount of money already spent and the need to start addressing short-term issues, it would not be to the city's benefit to halt the process leaving themselves with no solution," he wrote in the report.

The issue will be debated tomorrow.

Paddlers celebrate Ottawa River with 20-km journey

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Around 300 paddlers celebrated Canadian Rivers Day the old-fashioned way yesterday, with a 20-kilometre trip along the Ottawa River in voyageur-style canoes.

The event is organized to bring people together to celebrate the Ottawa River, said Natasha Wilson of the Ottawa Riverkeeper, who organized the trip from Victoria Island to Petrie Island with the Canadian Heritage Rivers System.

"Really, this is just about celebrating our river and encouraging people to use it," said Wilson. "We always say swim, drink, fish from your river. This is a reminder at the start of the summer that the river is here for them to enjoy."

Paddlers ranging from novices to world class took part in the event.

Olga and Dimitry Kutikov made their first trip on Ottawa River to show their four-year-old son the side of Ottawa and Gatineau that you can't see from on land.

> **"This is a reminder at the start of the summer that the river is here for them to enjoy."**
> Natasha Wilson

Meanwhile, Sven Brouwer brought his two-year-old and four-month-old sons along for the ride because he and his wife are "big paddlers" and trying to get the kids on the water as much as possible.

"It's important to be part of a day like this to recognize Heritage Rivers, with the amount of damming and ruining of rivers that's going on," he said.

It doesn't take long for any group of paddling enthusiasts to discuss the politics and challenges of keeping the water safe and clean, especially since many of them came to Ottawa for the sixth annual Canadian River Heritage Conference, which started last night.

Jay Morrison will be presenting a poster at the conference on the Canadian Rivers Network, a group of organizations opposed to proposed amendments to the Navigable Waters Protection. He said the changes would allow the federal transport minister to exempt certain construction projects on some waters from environmental assessment and the provisions of the bill.

"Even if there are negative impacts on the public right to navigation or the environment, the minister can exempt that," he said.

TIM WIECLAWSKI / METRO OTTAWA

Rideau Roundtable's Tim Armstrong, front, helps load paddlers onto the big voyageur-style canoes for the trip from Victoria Island to Petrie Island to celebrate Canadian Rivers Day yesterday morning.

SunnySide in brief

FUNDRAISER Recession might have hit many people, but not the participants of the fourth annual Wal-mart Walk for Miracles or their sponsors, Walmart district manager Kevin Raymond said yesterday. More than 500 people from Ottawa and as far as Pembroke, Renfrew and Brockville doubled last year's fundraising total, raising more than $100,000 for the Children's Hospital of Eastern Ontario through the Children's Miracle Network. A nonprofit organization dedicated to raising funds for children's hospitals in North America, Children's Miracle Network helps 17 million kids a year. The network has raised more than $2.7 billion to date.

TRACEY TONG / METRO OTTAWA

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WHAT'S ONLINE TODAY

Blogs Style columnist Kenya Hunt on a walk down memory lane with Marc Jacobs
Video Soldiers remember the latest Canadian killed in Afghanistan at **metro news.ca/canada**

Lotteries

Friday, June 12
Lotto Super 7: 12, 13, 15, 18, 27, 30 & 40. Bonus 43
Saturday, June 13
Lotto 6/49: 1, 15, 20, 30, 41 & 48. Bonus 10
Sunday, June 14
Ontario Pick 3: 0 0 3; **Ontario Pick 4:** 2 4 2 6
Encore: 4919293; **Daily Keno:** 1, 6, 12, 17, 19, 26, 29, 30, 31, 32, 35, 39, 48, 50, 55, 57, 59, 61, 65, 69. These results are not official.

Man charged in bank robbery
City police laid charges over the weekend after a downtown bank was robbed last week. Henry Gibson, 47, faces charges of robbery, intimidation, and failing to comply with a probation order. METRO OTTAWA

Westboro welcome

Annual fest succeeds in showcasing village

MJ DESCHAMPS
for Metro Ottawa

Patios were full, stores were packed and the streets were lined yesterday in Westboro Village for the third and final day of Westfest.

While the weekend festival focused on bringing free entertainment to the community from a variety of artists, musicians and performers, it was also a way to show the crowd of over 100,000 that attended what Westboro has to offer.

Westboro store owner Sharon Packman said she believes that it was Westfest that kick-started the neighbourhood's development.

Sunny Side

"Business was so-so before Westfest began (six) years ago," she said.

Packman opened her clothing boutique Runway in 2000, and said she has seen firsthand what the festival has done for the business community.

"It started as a really great way to get people to come visit Westboro for a day if they had never been before."

Bill Bourk is the developer behind Westboro Station, the large-scale condominium and retail space buildings going up in three phases on the corner of Golden Avenue and Richmond Road.

"Westboro is just a really appealing place to be — it has that relaxing, secure feeling in the heart of the big city," said Bourk, whose family has called Westboro home since the 1950s.

"Westfest really shows what type of community we are to the rest of Ottawa," he said, referring to the fact that the festival is 100 percent free and depends on volunteers and community members.

"It really gives me the warm and fuzzies to call this place home."

News in brief

BEACHES The National Capital Commission officially opened Gatineau Park beaches for the summer over the weekend. Until Sept. 7, O'Brien, Blanchet, Breton, Parent and La Pêche beaches are open from 10 a.m. to 6 p.m. Leamy Lake Beach remains closed until further notice due to high water levels.

ARREST Police arrested a man after the Royal Bank branch at 2121 Carling Ave. was robbed Saturday. Steven Connor, 41, faces charges of robbery and possession of property obtained by crime.

INVASION Police have charged a man following a home invasion on Highpointe Crescent in Barrhaven Thursday. A man was charged with one count of robbery with an offensive weapon, one count of use of firearm while committing an indictable offence, one count of break and enter with intent, and two counts breach of probation. Devon Graham, 20, of Ottawa is to be in court today. METRO OTTAWA

Sunny Side Market Treat

TRACEY TONG/METRO OTTAWA

Katastrof the Clown, a.k.a. Nicolas Lafontaine St-Jean, makes a balloon animal for Kanata resident Rebekah Kee, 4, in the ByWard Market yesterday. The warm weather brought thousands of residents, like Kee and her family, and tourists downtown and into the market over the weekend.

Walkers out to give dogs new lives

FUNDRAISER About 500 supporters of the Bytown Association for Rescued Kanines (BARK) — and just as many dogs — attended the eighth annual Woofs and Wags walkathon at Bruce Pit yesterday.

While the totals aren't yet in for the fundraiser — the organization's biggest of the year — money raised goes towards helping dogs in Ottawa and Gatineau.

Spokeswoman Lynne Miles spoke of a Great Dane, rescued by BARK, that had been severely abused. The organization placed her in a foster home, where she quickly put on healthy weight. She will soon be ready to go to a new home.

"A lot of the folks that attended (the walk) had gotten their animals from BARK," Miles said.

Rescue animals make wonderful pets, she said. "They're so happy to be with people and other animals. They're just so happy to be given a second chance."

TRACEY TONG/METRO OTTAWA

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Montrealer makes claim against border officers
Sylvie Ménard, a Montreal woman, has filed a complaint against the Canada Border Services Agency after she says border agents forced her to strip to see if she had a tattoo on her buttocks after associating her with an accused criminal. METRO NEWS SERVICES

Canada

Endeavour launch postponed

The planned Saturday launch of space shuttle Endeavour, set to carry seven astronauts including Canadian Julie Payette, was postponed because of a hydrogen leak — delaying a possible flight until Wednesday at the earliest. The leak was discovered while the space shuttle was being fuelled. REUTERS

Vancouver **Opening the bridge**

JEFF HODSON/METRO CANADA

More than 50,000 sightseers clogged Vancouver's yet-to-open Golden Ears Bridge during a fun, but chaotic celebration that saw a woman go into labour minutes before the official ribbon cutting yesterday. The bridge opens to traffic tomorrow.

Decision day for Grits

Party expects Ignatieff to steer clear of election

Federal Liberals expect party leader Michael Ignatieff to steer clear of an absolute commitment to bring down Prime Minister Stephen Harper's government when he gives his verdict today on the Conservatives' handling of the economic crisis.

But there is speculation that Ignatieff may threaten to defeat the Conservative minority later this week unless Harper agrees to improve the government's response to the recession, possibly by immediately moving to enrich Employment Insurance (EI) payments or speed up infrastructure payments.

The Liberal caucus is meeting at 10 a.m. today and Ignatieff will announce his decision publicly an hour later.

"I don't think Canadians want an election. I don't think I want an election," Ignatieff told CBC-TV yesterday.

"But I have to do my job. And my job is to hold the government accountable."

Ignatieff spent the weekend studying the 234-page "report card" released Thursday on how the government is responding to the recession.

"I've gone through it carefully and I'll let Canadians know what I think about it tomorrow," he said.

By demanding periodic report cards from Harper on the government's attempts to help Canada return to economic growth, the Liberals have landed themselves in a tough corner.

Ignatieff's party has derided the latest Tory report card as inadequate and misleading. The Liberals say the government is not moving quickly enough.

TORSTAR NEWS SERVICE

Consequences

- Forcing a summer election over the Conservatives' economic strategy during a deep recession could prompt a voter backlash against Ignatieff, Liberals acknowledge. Harper is certain to contend that an election battle would only hold up the delivery of pro-growth federal spending.

News in brief

CHILDCARE For years, Dr. Fraser Mustard has visited other countries touted the benefits of creating early childhood development centres while seeing his vision virtually ignored here at home. Charles Pascal's report to the Ontario government on full-day learning recommends a network of "Best Start Child and Family Centres," bringing together the current mishmash of child and family programs already available and offering families parenting help, community resources playgroups and access to health professionals under one roof.

ISOTOPES The federal government is putting a public face on the shortage of medical isotopes sparked by the shutdown of the aging nuclear reactor at Chalk River, Ont. Nuclear medicine specialist Dr. Sandy McEwan was appointed yesterday as a special adviser to Health Minister Leona Aglukkaq and he will act as a public spokesperson on the technical aspects of the shortage. TORSTAR NEWS SERVICE

DEATH A Canadian soldier was killed in southern Afghanistan yesterday when an improvised explosive device he was trying to defuse exploded, the military told CBC News Online. Cpl. Martin Dubé, 35, was a combat engineer from the 5 Combat Engineer Regiment based at Canadian Forces Base Valcartier, near Quebec City.

METRO NEWS SERVICES

Arrest in Florida cat killings

A teenager was arrested in a string of cat killings and mutilations that horrified residents of Miami's southern suburbs, police said yesterday. Tyler Weinman, 18, was charged with 19 counts of animal cruelty, 19 counts of improperly disposing of an animal body and four counts of burglary. REUTERS

World

Obama finds friend in Queen Elizabeth

If Michelle Obama ever needs a place to stay in London, she could do worse than call on Queen Elizabeth. The two women met at the G20 summit in April and have kept in touch since then, royal sources said yesterday. When Michelle Obama made a private visit to the British capital last week with daughters, Malia, 10, and Sasha, 8, they were given a private three-hour tour of Buckingham Palace, including a meeting with the queen. REUTERS

Palestinians: 'Not enough'

RESPONSE A spokesman for Palestinian President Mahmoud Abbas dismissed a speech yesterday by Israeli Prime Minister Benjamin Netanyahu as "sabotaging" peace efforts.

A senior Palestinian negotiator called on U.S. president Barack Obama to intervene to force Israel to abide by previous interim agreements that include freezing settlement activity in the West Bank. The alternative, he said, was violence. "The peace process has been moving at the speed of a tortoise," Saeb Erekat said. "Tonight, Netanyahu has flipped it over on its back."

Abbas spokesman Nabil Abu Rdainah said: "Netanyahu's remarks have sabotaged all initiatives ... his remarks are not enough and will not lead to a solution." REUTERS

Netanyahu calls for conditional state

Israeli Prime Minister Benjamin Netanyahu responded yesterday to uncommon pressure from Washington by finally giving his endorsement — with conditions — to the establishment of a Palestinian state.

But in a speech answering U.S. President Barack Obama's address to the Arab world 10 days ago, the right-wing leader's defence of Jewish settlement on occupied land may fail to dispel tension with the White House, as the two men try to set new terms for the Middle East peace process in their first months in office.

Netanyahu, who has refused to back a state for Palestinians since he took office in March, said he would now endorse the establishment of such a state — but only if Israel received in advance international guarantees the new nation would have no army and Palestinians recognized Israel as a Jewish state.

"If we receive this guarantee regarding demilitarization and Israel's security needs, and if the Palestinians recognize Israel as the state of the Jewish people, then we will be ready in a future peace agreement to reach a solution where a demilitarized Palestinian state exists alongside the Jewish state," Netanyahu said at Bar Ilan University.

Palestinian leaders have rarely made an issue of Israel's insistence that they should not have an army in position to threaten its neighbour, but they have rejected the demand that they explicitly accept Israel as a Jewish state.

Meanwhile, only one in five Israelis believes a nuclear-armed Iran would try to destroy Israel and most see life continuing as normal should its arch-foe get the bomb, a poll published yesterday found. REUTERS

'Step forward'

- U.S. President Barack Obama's administration yesterday welcomed Israeli Prime Minister Benjamin Netanyahu's endorsement of a separate Palestinian state, calling it an "important step forward."

Iran Post-election unrest

REUTERS

A riot policeman hits a motorcyclist during a protest against election results in Tehran yesterday. Candidate Mir Hossein Mousavi has launched a challenge to the result of Friday's vote, won by incumbent Mahmoud Ahmadinejad.

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News in brief

UNITED STATES CIA director Leon Panetta says it's almost as if former vice-president Dick Cheney would like to see another attack on the U.S. to prove he is right in criticizing President Barack Obama for abandoning the "harsh interrogation" of terrorism suspects. "It's almost as if he's wishing that this country would be attacked again, in order to make his point," Panetta told The New Yorker.

UNITED STATES U.S. Senate Republicans are in a quandary over the Supreme Court nomination of Sonia Sotomayor, aiming to raise pointed questions about her record without angering increasingly influential Hispanic voters. Hispanics, the fastest-growing U.S. minority who make up 15 per cent of the population, are a key to any expansion plans. Hispanics voted by a two-to-one margin for Obama in last year's presidential election. Many Hispanic voters greeted news of Sotomayor's nomination with joy, and Republicans are aware that Hispanics will be watching carefully how she is handled.

NUCLEAR North Korea said Saturday it would start a uranium enrichment program and weaponize all its plutonium in response to fresh UN sanctions, which the United States said it would work vigorously to enforce. Pyongyang also threatened military action if Washington and its allies tried to isolate it. KCNA news agency quoted an unnamed North Korean Foreign Ministry spokesman as saying in a statement, "We'll take firm military action if the United States and its allies try to isolate us." North Korea would start a program to enrich uranium for a light-water reactor, he said. REUTERS

Italian citizens' patrols criticized

ITALY Italy's interior minister vowed yesterday to push ahead with plans for citizens patrols to fight crime, despite concern over possible fascist links of at least one group keen to participate. Prime Minister Silvio Berlusconi's government, elected last year on a promise to crack down on crime and curb illegal immigration, has agreed with Northern League allies for patrols to help police and soldiers. The proposal is opposed by Italy's opposition and by civil rights groups, who fear it could lead to racial discrimination and violence. Critics have compared the plan to the paramilitary groups used by Fascist leader Benito Mussolini. REUTERS

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Comment

Highs, lows of spring

HineSight

Anne Hines

metronews.ca/hinesight

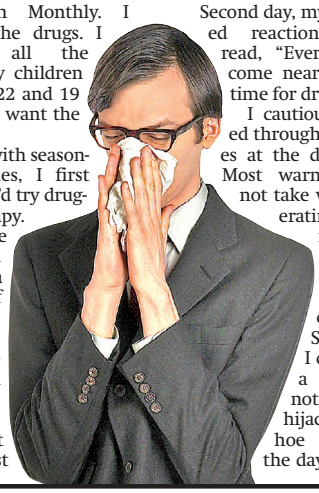
Lately, I've had that old familiar feeling again. My heart is fluttering, my pulse is racing, I feel like I'm walking on air. Only one thing can turn a mature adult into a grinning idiot like this. You guessed it. I'm on allergy medication.

Normally, I'm not a drug user. Once, as an undergrad, someone gave me a joint and I smoked it alone while watching The Sound Of Music on TV. I found the movie totally hilarious until the very end when it turned terribly tragic. By the time the youngest Von Trapps were being toted over the Swiss Alps, I was weeping uncontrollably, vowing to devote my life to the well-being of all displaced, musically gifted Austrians. Then I fell asleep.

My only other drug experience was during childbirth. I wasn't exactly poster girl for Natural Childbirth Monthly. I wanted the drugs. I wanted all the drugs. My children are now 22 and 19 and I still want the drugs.

Faced with seasonal allergies, I first thought I'd try drug-free therapy. A website suggested I keep a diary of anything that seems to cause an "elevated reaction." The first day my list read, "Conversation with my mother, trying to find parking downtown, PVR failing to record House." My partner, Liz, suggested they'd meant an elevated reaction in sneezing. Oh.

Sunny Side



Second day, my "elevated reaction" diary read, "Everything I come near." It was time for drugs.

I cautiously sorted through the boxes at the drugstore. Most warned, "Do not take while operating heavy machinery." No problem. I drive a Smart car. I did make a mental note not to hijack a backhoe during the day. Several medications had side-effect lists that reminded me of American television drug ads, "May cause dizziness, brain implosion, spontaneous levitation, and arm to fall off, but it will clear up that unsightly rash, no problem."

Having made my choice, my days now go:

7 a.m.: Wake up.

7:30 a.m.: Able to pry sore eyes open enough to locate allergy medication. Take pill.

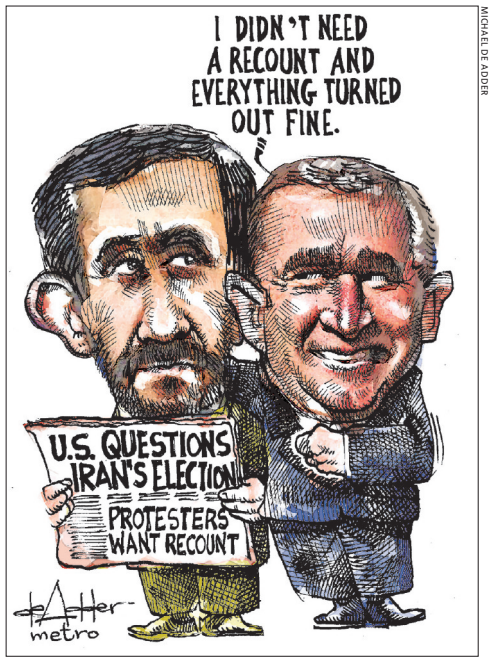
7:32-9:40 a.m.: This stuff is useless. It has no effect whatsoever. I can't believe they're allowed to sell … wait …

9:40 a.m. – 7:30 p.m.: La, la, la. I am so happy. I'm a big, pink bunny. Or there's one on my desk. Or both. I love Tom Harper …

7:30 p.m.: … huh? Achooo! Damn it.

Take and repeat.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



MICHAEL DE ADDER

Views

Calling out stops enhances bus service

InTransit

Kim Mannix Vermette

metronews.ca/intransit

Recently, I've noticed more bus drivers are calling out the stops.

Perhaps I am just fortunate enough to ride on routes, or at times of day, where the drivers find this easier to do, but stats collected since March seem to suggest the drivers are at least making an effort.

Earlier this year, the Canadian Transport Agency made a ruling ordering Ottawa drivers to call out major stops. In the absence of an automated system to notify riders of the next stop, this would seem to be the easiest and cheapest way to make the buses more accessible to riders who might otherwise have difficulty finding stops.

Apparently, having the stops called out by drivers has been the policy of OC Transpo for more than two decades, but up until recently, it hasn't been enforced.

Since March, OC Transpo quality assurance personnel — basically a group of mystery "shoppers" who keep an eye out for what's happening on the buses — have been keeping track of how often drivers call out major and requested stops. In March, that rate was 82.8 per cent compliance, and in April, it hit a high of 84 per cent compliance, while May's rate was 80 per cent.

An 80 per cent rate is actually higher than I expected, but is it good enough?

The main argument has been that calling out of stops is one way to better serve vision-impaired riders. But any of us who have been packed liked sardines on a crowded route, or had difficulty seeing out dirty or foggy windows, know that having bus stops called out is helpful for everyone.

On the occasions when I've been travelling an unfamiliar route, and have asked drivers as I boarded to let me know when a stop is coming up, they've always been accommodating.

I asked a friend of mine, who is blind, what her experience has been with drivers calling out stops. She said because she is a regular rider most of the drivers on her route know her well enough to wait for her if they see her coming, clear seats at the front for her and her guide dog, and remember where she wants to stop.

Though they may not always call out the major stops, she is willing to cut them slack — citing the fact they are busy with people getting on and off, asking other questions and getting transfers.

She thinks an automated system is probably the only way to have it work 100 per cent of the time, and she is probably right. But that will come with an exorbitant cost, too.

In the meantime, I hope the drivers will continue to call out stops and remember it's not just because they are ordered to, but also because it really makes a better service for all riders.

Lifelong transit rider Kim Mannix Vermette has lived in Ottawa for almost five years. She actually enjoys taking the bus.

Letters

New street name just too long at 17 letters

My girlfriend and I have just purchased a new home on (what is soon to be) "Madeleine Meilleur Private." I will tell you why I am opposed to this street name, but before I do, let me first say that I have the utmost respect for Meilleur as a person, a politician, and a local resident. She has done a great deal of outstanding work for her riding, and is a very well-known and respected individual.

I am opposed to the new street name because at 17 letters, it is simply too long, and even for a French-speaking person (such as myself), it is not the easiest name to spell. The city is going to have to order custom jumbo-sized street signs just to accommodate the name. Say it aloud to yourself, spell it out. Now repeat it, because no one is going to get it right the first time.

It is simply a matter of convenience. Think about how many times the average person has to give out their address. Yes, we are only talking about an extra moment or two, but think about a situation where time is critical.

Why could we not pay homage to Meilleur by naming the street "Meilleur Private" or "Madeleine Private?"

After all the important issues that have been brought to city council in the last few years and have been rejected or taken far too long to pass, this idea gets through this quickly? Honestly.

OLIVIER CULLEN, OTTAWA

Antibacterial wipes may be better idea than sanitizers

Re: Sanitizers for OC Transpo

Hand sanitizer dispensers on buses are a good idea but what about antibacterial wipes instead, or both?

You need to wipe the bars you hold on to when you are standing or touching the bar of the seat in front of you, etc.

After people have used the hand sanitizer, they will sneeze, cough, touch their mouth, their nose, and touch the bars on the bus. I think antibacterial wipes would work much better.

MICHELLE JACK, OTTAWA

Tell us your views by email to ottawaletters@metronews.ca or comment on metronews.ca or on Twitter @metroottawa
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Don't throw out that toner cartridge — reuse it

About 167 million toner cartridges are dumped into American landfills every year, according to Kim McKay and Jenny Bonnin's True Green @ Work: 100 Ways You Can Make the Environment Your Business. Most can be refilled up to four times. TORSTAR NEWS SERVICE

Going Green

Recycled cashmere

TeddyLux Recycled Cashmere has figured out a great use for recycled cashmere sweaters — teddybears, says Green Trends. The Georgia-based business upcycles worn out cashmere sweaters into cashmere stuffed animals and baby toys.

METRO NEWS SERVICES

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Not always easy being green

EarthTones

Sophia Dore & Andrew Laursen

metronews.ca/earthtones

For some time now we have been exhorting Metro readers to reduce, reuse, recycle, and in all ways live the green life. We think it's time we acknowledged that it's not always that easy. The green brick road is not without its flying monkeys. We ourselves have encountered various difficulties and inconsistencies while trying to tread more lightly on the planet. Frankly we'd like to complain about them and since we have this soapbox, we thought we'd stand on it.

Some difficulties are easy to foresee. Such as the fact that bike lanes are not always available and sometimes just stop — leaving the cyclist in traffic, the fact that bike racks are not always where you need them and that motorist are not very considerate of bikes. When not biking, we drive a very fuel efficient diesel car. This is great until you are down to fumes and can't find a service station that has diesel. "Of course the solution to this is not to let the tank get that empty," says one half of this team. "Well," says the other half, "sometimes we don't fill it up because we hope that we can get home without filling it and then you will have to do it and I won't get my hands all dieselly."

Other difficulties took us by surprise. When doing some recent home improvements we discovered that the only compact fluorescent light bulb small enough to fit into the new light fixture casts a dim glow about equivalent to a single candle. Aren't incandescent bulbs being phased out by 2012? Don't manufacturers figure that any light fixtures we install today we are hoping to still be using in 2012? Of course compact fluorescent light bulbs are getting more "compact" all the time so in time we may be able to put a reasonable light in that fixture. In the meantime we are using night vision goggles.

We have only recently become aware of another problem with living the green life — baby clothes are not manufactured to fit over a cloth diaper. Cloth diapers are considerably more bulky than their disposable counterparts. In short, our baby, clad in her non-landfill choking diaper, has a big bum. She has a closet full of cute outfits that she cannot wear except on the rare occasions when she has to wear a disposable diaper (travelling etc.). The sleepers and onesies that she does wear are too big for her everywhere except over her bottom where they are tight and in some cases do not even button. A generation ago, most babies wore cloth diapers, and not the streamlined designer ones that our baby wears so they were probably even more bulky. Were baby clothes sized differently then? Do we need to get hold of some vintage sleepers?

OK, that is our complaining over with. And when we look into the eyes of the future generation, clad in her bulky diaper and ill fitting clothes, we realize that whatever the inconveniences are to us, we must continue to try to preserve the planet.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University; earthtones.metro@gmail.com.

12 ways to reuse household items

Regular household items that are easy and convenient to reuse, according to Red Flag Deals.com:

1. Milk bags: Cut open one end, rinse and dry for a steady supply of sturdy plastic bags useful for storing anything that fits.

2. Scrap paper: Use for making notes or printing out draft copies.

3. Envelopes and boxes: Open packages and envelopes gently, cover existing address with a label or stamp and reuse.

4. Gift : Reuse a perfectly serviceable gift bag.

5. Plastic food containers: Many grocery items come in perfectly reusable containers such as for margarine, tofu, salad. Hand wash only as they warp or melt in the dishwasher.

6. Paper towels: A sheet just used to dry clean hands can easily be dried and reused later for wiping plates before washing.

7. Sponges: Don't toss out a dirty sponge — two minutes in a microwave at full power can effectively destroy 99 per cent of bacteria and other harmful buildup and prolong its usefulness (sponge should be damp for microwaving).

8. Newspaper: Wad it up and use as a packing material instead of foam peanuts or styrofoam.

9. Coffee tins and clean egg cartons: Kids can always use such items for arts and crafts. Keep some around for a rainy day children's activity.

10. Old clothes: Donate them to charity, or use for craft projects like quilts, dog beds, gift wrap.

11. Old or chipped mugs: Use them as planters.

12. Single earrings: Use as scatter pin or lapel pin.

METRO NEWS SERVICES

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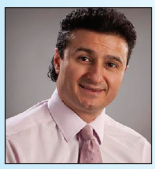

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San Francisco resident finds new use for hair

TOOL Lisa Craig Gautier collects human hair; in fact, she has a warehouse full of manes. And she's turned the lowly waste product into a world-class eco tool.

"Hair is an amazing product," says Gautier. "It cleans the air, it can clean petroleum, algae blossoms and fish oil, and it prevents soil erosion. It's really a shame to put hair in landfills, where it sits for 3,000 years!"

Several years ago, the San Francisco resident decided to put hair to good use. She asked hair salons to send her their hair, which she put into nylon nets to make "hair mats."

When Chinese tanker Cosco Busan leaked toxic fuel outside San Francisco two years ago, hundreds of volunteers helped clean it up — with Gautier's hair mats. And some people now use the mats to clean up their car oil leaks.

"Hair mats are really magical," says Gautier, a former zoo worker. "They are much better than the synthetic products that (are) normally used to clean up oil spills."

METRO WORLD NEWS

Matter of Trust

- Today over 7,000 hair salons send hair to Gautier's organization, Matter of Trust. Little girls mail their braids, and recently even a nudist colony sent a hair package. Only head hair can be used.

New chart aims to boost independent U.K. music

Two new pop music charts will be launched in Britain this month aimed at championing up-and-coming acts signed with independent labels. Independent labels already have their own charts in Britain, and the rules are being changed and simplified in an attempt to revamp the format, an industry trade body said yesterday. REUTERS

Business

Clinton addresses trade concerns

Canada decried Saturday a "rising tide of protectionism" in the United States, but Secretary of State Hillary Clinton said the "Buy American" provisions in an economic stimulus package will not interfere with U.S. trade obligations. Clinton, during a brief visit to Canada, said she and Canadian Minister of Foreign Affairs Lawrence Cannon discussed the issue during a meeting.

REUTERS

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Singapore **Music on the go**

EDGAR SUIM/REUTERS

Chart-topping singer Lady Ga Ga performs during the launch of the AMPed mobile music download service by SingTel in Singapore yesterday. The service lets mobile subscribers download music files and videos.

Business in brief

INFRASTRUCTURE Despite public pledges to accelerate infrastructure spending, the federal Conservatives have spent just a quarter of their $15 billion infrastructure fund, new figures show. "There are billions of dollars of stimulus that should have been flowing already," NDP Leader Jack Layton said. "Some of the people being laid off across the country could have moved into those construction jobs."

ECONOMIES G8 leaders hinted at a move out of crisis mode this weekend as a sign the global economy has turned the corner. Canada and Germany led the push for ministers to tackle the problem of how to start rolling back huge state spending and hiking interest rates, to ensure the credit crisis is not followed by a surge in inflation and a fiscal blowout.

METRO NEWS SERVICES

Future of new media

Need for federal regulatory strategy being recognized

In recent months, there has been growing support for a national regulatory strategy for digital media. The CRTC has explicitly identified the need for this in its new-media decision, as have leaders in the technology, telecommunications, broadcast and education communities.

The need for a federal strategy stems from the realization that Canada is rapidly falling behind much of the developed world on digital issues. The gradual hollowing out of the Canadian technology sector and the plummeting rankings of Canadian high-speed services point to a problem that can no longer be ignored.

A Canadian digital action plan could focus on the following issues:

1. Incentives for world-class networks

Ensuring that all Canadians have access to high-speed networks should be a top-priority. The plan could involve funding for rural broadband initiatives and tax incentives to promote investment in fast fibre-to-the-home services.

2. Establish openness

The City of Vancouver recently adopted an openness policy with a preference for open standards, open-source software and open government data. The federal government should do the same.

3. Modernize the law

There is seemingly universal agreement that several Canadian laws are long overdue for digital reform, including updating privacy legislation and changing Canadian tax rules to encourage venture-capital financing and corporate investment in new technologies.

4. Remove barriers to innovation

A Canadian digital action plan should help promote innovation by removing several long-standing barriers. This includes lifting foreign investment restrictions in the telecommunications sector and guarding against anti-competitive behaviour.

TORSTAR NEWS SERVICE

Free domains

- The Canadian Internet Registration Authority could encourage Canadians' participation online by using part of its forthcoming financial surplus (which could soon exceed $1 million annually) to grant everyone a free domain name.

Lidstrom's mid-playoff surgery

General manager Ken Holland says Detroit Red Wings captain Nicklas Lidstrom missed the last two games of the Western Conference final because of surgery. Lidstrom told the Detroit Free Press he had testicular surgery after he was speared by Chicago's Patrick Sharp on May 22. METRO NEWS SERVICES

Sports

Lewis headed to Hall

Three-time heavyweight champion Lennox Lewis, left, is among the latest class inducted into the International Boxing Hall of Fame. Lewis learned to box growing up in Kitchener, Ont., and earned Olympic gold for Canada in 1988. Lewis retired in 2003 with a record of 41-2-1, including 32 knockouts, and enters the hall in his first year of eligibility. METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Sports in brief

BLUE JAYS Ronny Paulino went 4-for-5 with a pair of homers and three runs batted in, and Josh Johnson pitched his third career complete game as the Florida Marlins swept a three-game interleague set with an 11-3 win over the Toronto Blue Jays at Rogers Centre.

BALL HOCKEY The Canadian men's ball hockey team opened its quest for a fifth straight title with a decisive 21-1 victory over Great Britain yesterday at the world championship. The Canadians continue Group B play today against Portugal.

BASEBALL The Chicago Cubs fired hitting coach Gerald Perry after 2½ seasons yesterday in an attempt to spark a sputtering offence that ranks among the National League's worst.

AMPUTATION The agent for Ken Green says the Champions Tour golfer who was hurt in a car crash will have his lower right leg amputated below the knee. The surgery set for today comes a week after Green's brother and girlfriend were killed in the accident in eastern Mississippi.

RACING Marc Gene of Spain and Peugeot won the 24 Hours of Le Mans yesterday, ending Audi's five-year domination. The diesel-powered Peugeot No. 9 was one of the few cars to have a trouble-free run in the world's most famous endurance race.

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Lakers win NBA title

(Lakers win series 4-1)

Lakers 99 **Magic** 86

Kobe Bryant proved he can win a championship without Shaquille O'Neal, while Phil Jackson became the all-time leader in NBA titles among coaches as the Los Angeles Lakers finished off Orlando 99-86 in Game 5 of the Finals.

Despite falling behind by nine points in the first quarter, the Lakers stepped on the gas in the second, reeling off 16 unanswered points, a run keyed by Trevor Ariza, and took a 56-46 lead at the half. The Lakers were in front by as many as 18 in the second half and didn't allow the Magic a rally to send the series back to Los Angeles.

The 15 titles by the Lakers are two shy of Boston's all-time record. It was also a sense of redemption for the Lakers, who lost in the Finals to the Celtics last year. It's their first time raising the trophy since 2002, the last of three consecutive championships.

Jackson and Bryant each have four crowns with the Lakers. For Jackson, his 10th championship surpassed the legendary Red Auerbach for the most in history.

METRO NEWS SERVICES

RONALD MARTINEZ/GETTY IMAGES

Pau Gaosl, Kobe Bryant and Trevor Ariza celebrate after their Lakers defeated the Orlando Magic 99-86 in Game 5 of the NBA Finals last night. Los Angeles won the series four games to one.

Gay goes wire-to-wire at St. Jude

GOLF Brian Gay crowned a consistent week by clinching the St. Jude Classic yesterday with a five-shot win over compatriots David Toms and Bryce Molder.

The 37-year-old Gay finished on 18-under par to claim his third PGA Tour win, and his second of the year, having led after all four rounds at the TPC Southwind.

Gay, who won the Heritage Classic in April, has now booked himself a starting place in next week's U.S Open.

The Texan picked up $1 million for the win, completed in confident style after rain had forced a four-hour delay.

REUTERS

SCOREBOARD

MLB

INTERLEAGUE

YESTERDAY

Florida 11 Toronto 3
Baltimore 11 Atlanta 2
Chicago Cubs 3 Minnesota 2
Chicago White Sox 5 Milwaukee 4
Colorado 7 Seattle 1
Kansas City 7 Cincinnati 1
L.A. Dodgers 6 Texas 3
L.A. Angels 6 San Diego 0
N.Y. Yankees 15 N.Y. Mets 0
Philadelphia 11 Boston 6
Pittsburgh 6 Detroit 3
San Francisco 7 Oakland 1
Tampa Bay 5 Washington 4
St. Louis at Cleveland

TODAY

Milwaukee at Cleveland
L.A. Angels at San Francisco

TOMORROW

Toronto at Philadelphia
Milwaukee at Cleveland
N.Y. Mets at Baltimore
Washington at N.Y. Yankees
Florida at Boston
Chicago White Sox at Chicago Cubs
Houston at Texas
Arizona at Kansas City
Pittsburgh at Minnesota
Detroit at St. Louis
Tampa Bay at Colorado
Seattle at San Diego
Oakland at L.A. Dodgers
L.A. Angels at San Francisco

NATIONAL LEAGUE

YESTERDAY

Houston 8 Arizona 3

TOMORROW

Atlanta at Cincinnati

NBA

YESTERDAY

L.A. Lakers 99 Orlando 86

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Metro Workology exclusive: Head to Toe
In the coming weeks Metro's Workology section will be setting its sights on the health industry and all jobs and careers therein. So be sure to read Workology and Metronews.ca/work for the special Head to Toe series.

Workology

Laval offers up free bikes

Université Laval has partnered with Véloville, a local organization, to provide its community with free bicycles. For three years, uLaval ran a free-bike pilot program for students living in residence, and now the program is being extended to all students and staff in order to promote a healthy lifestyle. Participants have access to 40 bikes, and can use them up to 6 hours at a time. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Setting a posture precedent

Head to **Toe**

RAFAEL BRUSILOW
for Metro Canada

Spotting the little things that can make big changes to let people avoid chronic workplace pain is what Craig Kipling does best.

The 32-year-old and principal consultant of ergonomic consulting firm Healthy Posture Inc. helps companies and individuals eliminate unnecessary aches and pains in the workplace by making sure their work spaces are ergonomically sound.

Kipling has a degree in Kinesiology but always had a love for business as well so he started Healthy Posture five years ago to meld the two together.

"My vision was I wanted to take my schooling and apply it in the corporate world," he said.

Ergonomics involves making sure things like body positioning, posture and the distance someone has to reach are optimized for the least physical strain possible. While tiny motions like typing or turning to reach for a telephone keypad might seem inconsequential, the regular, consistent strain can add up to chronic pain.

Just by seeing how a person uses their workstation, Kipling can tell where the problems are and work individually with them to set up their work space.

"We're all different heights and all different sizes, so each workstation has to be individually specialized," Kipling said.

Kipling says incorrect monitor positioning in is the number one reason why people develop shoulder and back pain. Contrary to common thinking, a computer monitor should not be at eye level, since the eye's most common habit is to look down — Kipling says most people set their monitors far too high for ergonomic comfort.

For more of the Head to Toe exclusive series check Workology frequently or stop by: **metronews.ca/work**

A meticulously challenging job

Odd**Jobs**

Diane Peters

Metronews.ca/oddjobs

The first thing you probably do when you pick up a non-fiction book is flip to the back and scan the index.

However, it's the very last thing that goes into writing a book.

Sometimes just a few days before it goes to press, a book's editor will call someone like Clive Pyne to compose the index.

This difficult and sometimes tedious job cannot be done by computers. It's been tried, and it's failed. Instead, Pyne will put in as many as seven days of working 10 hours a day to create an index for a complicated textbook.

Pyne starts by reading the book, marking up every fact he finds as he goes. "I'm doing a lot in my head at this point, I'm getting a sense of the pattern."

On the second read, he boots up his computer and, using special software, starts keying in subheads and page numbers. The program organizes these subheads into virtual file cards.

About a quarter of Pyne's time on a book is spent editing: Reorganizing his subheads to make better sense and also trimming to fit the numbers of pages allotted for the index.

Organizing information in books is always a challenge. Extra tough: Listing names from cultures where people write their surnames first, or dealing with double postings and nutritional information in a cookbook.

"It's an art and it's a science," says Pyne. It takes years to hone one's indexing skills and get fast at the job.

Pyne's been indexing for the last four years. He's done a variety of jobs, including working in human resources, where he did job classifications and pay equity calculations.

After moving from Toronto to Ottawa a few years ago, Pyne had trouble finding work in the bilingual city. He realized he had a talent for identifying patterns, and starting looking for a new career to match his skill.

He met an indexer who lived in nearby Perth and decided to try it. He bought 16 different non-fiction books and composed his own indexes for each. His colleague critiqued his work. Feeling ready, Pyne started marketing himself.

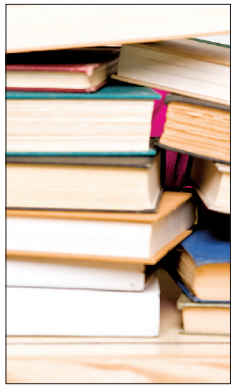
"It's an art and it's a science."
Book Indexer
Clive Pyne

One of the first books he ever worked on, for the Canadian Museum of Civilization, won numerous awards.

Now, as an established indexer, Pyne works long days and most weekends. The work is exhausting, but Pyne takes numerous breaks through the day and often heads out for the gym or a quick walk to energize himself. He also spends time maintaining his website, sending emails and marketing himself to continue to get more work.

The **Lowdown**

Job title: Indexer
Salary: About $40,000 a year, more if you index complex things like medical textbooks.
Education/training: There's at least one university program that teaches indexing in the U.S., but most indexers are self-taught.
Best Part of the Job: "I'm constantly changing gears. It's not boring and it's very challenging."
Worst Part of the Job: "The stress, the long hours, and the low pay."



Indexing books cannot be done by computers. It's been tried, and it's failed. That's where Clive Pyne comes in.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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YMCA-YWCA

Best movie promotion
The Dark Knight took home eight Key Art Awards, including best theatrical poster and best TV spot, in the annual competition to honour the best in movie promotion. METRO NEWS SERVICES

Entertainment

Splitting up
Usher has filed for divorce from wife Tameka Foster Raymond. The R&B star filed the petition Friday in Atlanta. The couple, who got married in August 2007, has two sons together. PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Father drops bid to stop Madge adoption

The father of a Malawian girl being adopted by Madonna says he has dropped his fight to get the child back and has urged the U.S. pop star to take good care of her.

Malawi's Supreme Court on Friday approved Madonna's application to adopt a second child from the country, overturning a lower court ruling.

James Kambewa, the father of four-year-old Mercy James, originally said he opposed the adoption.

However, he told Reuters on Saturday he had decided not to fight the case, asking only that Mercy be brought up knowing he was her biological father.

"Let the child go ... My only plea to Madonna is that she should seriously look after the child," he said in an interview.

"I am asking Madonna to make sure that, while the child is growing, she must be informed of me as her biological father ... she really must know that while she is far away the father is still alive."

A Malawian court ruled in April that Madonna could not adopt Mercy because she was not a resident of the southern African country.

The Supreme Court overturned that decision, saying the child, who has been living in an orphanage, would have a better life with the singer. She never lived with Kambewa.

"When the child was born I was never told," he said.

REUTERS

Weekend box office

Ticket sales for Friday through Sunday at U.S. and Canadian theatres, according to studio estimates:

1. **The Hangover:** $33.4 million US
2. **Up:** $30.5 million
3. **The Taking of Pelham 1 2 3:** $25 million
4. **Night at the Museum:** $9.6 million
5. **Land of the Lost:** $9.2 million
6. **Imagine That:** $5.7 million
7. **Star Trek:** $5.6 million
8. **Terminator Salvation:** $4.7 million
9. **Angels & Demons:** $4.2 million
10. **Drag Me To Hell:** $3.9 million

REUTERS

The Boss of Bonnaroo

Springsteen brings energy to Tennessee music festival

BRIAN COULTON
for Metro Canada

"We didn't just come here to rock the house. We came here to build a house!" wailed Bruce Springsteen during his headlining set with the E Street Band Saturday at the Bonnaroo Music and Arts Festival.

If his live show were anything like building a home, Springteen's would be sturdy. Sweat flew from The Boss' arms as he played a three-hour show in which he performed songs from his near 40-year canon, emphasizing hard times, while barely stopping for breath in between.

Springsteen headlined the eighth instalment of Bonnaroo, which takes place on a farm in Manchester, Tenn. More than 75,000 people from around the world were in attendance for the four-day festival, which wrapped up last night.

Friday began with Brooklyn, N.Y. experimental indie rockers The Dirty Projectors delivering a solid collection, featuring interlocking vocal rhythms and harmonies. Later, they were joined by David Byrne, former frontman of Talking Heads, and performer later that night, who both assembled the stage's lineup and offered his chops to the band.

The vocals for Baltimore electronic duo Animal Collective, on the other hand, failed to impress. Timing worked against the group that seemed to be disjointed overall, producing otherwise very danceable music to a relatively static crowd.

That quickly changed when New York alt-rockers Yeah Yeah Yeahs took the stage to a massive eyeball backdrop surrounded by a sparkling blue spiral. Lead singer Karen O's honey-like tableau transitions provided eye candy for the band's alternating hard dance punk and synth-spiked rock.

Contemporary bands were as common as veterans at the weekend festival. Soul master Al Green played the main stage, as he threw roses to the crowd, London's Elvis Costello departed from his new wave sound with a country and bluegrass-touched solo set and festival favourite Phish played two sets, with typically extended jam sessions.

Saturday began with a mellow early set by folksy Bon Iver, who interacted with the crowd and brought out a horn ensemble to back him for part of his performance. But the day moved from subtle to spectacle when Atlanta's Of Montreal took the stage, perhaps best reflecting the colourful crowd with a flashing neon backdrop and a host of exaggerated on-stage animal characters.

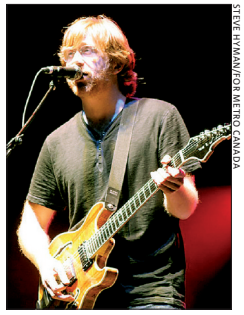
Chicago alt-country outfit Wilco, headed by singer/guitarist Jeff Tweedy, took the main stage to prime the crowd for Springsteen. An optimistic Tweedy let the stage's cameraman strum his guitar during one song, as he gazed into the camera that was projected on stageside screens. He joked he'd interpret any audience boos as "Bruuuuce!", inviting the crowd to yell the singer's name.

Before the festival's unrivaled closing performance by Phish, Sunday offered a varied lineup featuring sets by soulful Erykah Badu, rapper Snoop Dogg, folk singer/songwriter Andrew Bird and country siren Neko Case.

STEVE HYMAN/FOR METRO CANADA

Yeah Yeah Yeahs frontwoman Karen O, above, performs at the Bonnaroo Music and Arts Festival in Tennessee. Other acts included Al Green, below left, and Phish's Trey Anastasio, below right.

STEVE HYMAN/FOR METRO CANADA



STEVE HYMAN/FOR METRO CANADA

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DON'T WORRY, BE HAPPY

Feeling happy is something we have direct control over

Ever wonder why some people always seem to be happy-go-lucky while others don't? Though hard to define, happiness — that feeling of contentment, satisfaction, pleasure or joy — is, in fact, something we have direct control over. So can we actually increase our happiness?

The answer seems to be "yes."

And it mainly has to do with one's general outlook on life; in other words, how optimistic or pessimistic you are. While there are many situations that are out of our control, optimists always look on the bright side of things and tend to believe that most situations, no matter how difficult they may initially be, work out for the better in the end.

One given in life is that everyone will inevitably face challenges. But instead of letting those experiences undermine everything you do, look at them as temporary setbacks that can be overcome.

Your mental outlook on life can affect your physical health more than you realize. In fact, studies have correlated optimistic people with having better immune systems and to psychological wellbeing.

You've heard that line, "Is your glass half-empty or half-full?" Well, your experiences in life really do come down to your perspective. The first step to being a more optimistic person is to make a conscious effort to make the most of what life offers. Secondly, realize that the past doesn't equal the future. Third, accept pain, failure and disappointment as part of life — not the entirety of it. Finally, be grateful for the good things that occur and acknowledge them.

Researchers have found that, aside from having an optimistic personality, happy people also tend to have high self-esteem, an outgoing personality, close friendships or a satisfying marriage, work and leisure that engages their skills and meaningful religious faith.

Since most people derive great pleasure from participating in mentally engaging activities, it's no wonder people who volunteer derive a great sense of satisfaction from it. Getting out and helping others is, it seems, a win-win situation.

Economy taking a turn for the better

It seems that the light at the end of what has felt like a never-ending tunnel of global economic doom and gloom is getting brighter. After months and months, the economy looks to be taking a turn for the better.

Not only is the loonie rising, narrowing the gap between the U.S. and Canadian currencies, but the housing market, especially in Toronto and Vancouver, is in positive territory. In fact, Toronto house sales for the first two weeks in May were up three per cent from the same period last year.

Real estate experts attribute the upturn to first-time buyers who are stepping back into the housing market due to lower prices and interest rates, which in turn, is having a domino effect and strengthening the overall housing market. While nobody can be absolutely certain, many leading economists predict that the recession will end in the second half of 2009, which is just around the corner and one big reason to smile.

'Packbacks' and a dream

He's been called an everyday hero and an inspiration. But no matter how he's described, Stephen McPhee — an autistic eight-year-old from Airdrie, Alta. – is proof that anyone can improve the lives of others by following their heart.

Two years ago, Stephen, who was six at the time, was saddened to learn there were kids living on the streets. He resolved to help them. That Christmas, he amassed 15 backpacks, or "packbacks" as he called them, filled them with toys, books and mittens and donated them to a local charity.

The following year, Stephen rallied his local community to pitch in, and they did, packing nearly 300 backpacks with books, clothing, toys and hygiene products. Last Christmas, the number of backpacks donated ballooned to an astonishing 1,000.

Last year, Stephen, whose initiative is called Stephen's Backpack Society, was named a 2008 Great Kids Award Winner by the Government of Alberta in recognition of his generosity, compassion, courage and strong spirit. "Stephen brings a ray of hope to those experiencing difficulties in life," says his mother, Nancy. "He shows how a child can do anything."

Have some budget-friendly fun this summer

With summer just around the corner, family vacation plans are on many people's minds. This year, why not hit the open road with the whole brood. Not only is a road trip a budget-conscious way to take a family holiday, but it's a terrific opportunity to really see Canada up close.

Before your trip, hold a family-planning session to get everybody excited about the upcoming adventure. Pour over guides together and talk about the various places on your mapped-out route that would appeal to the whole clan.

Once departure day arrives, designate the front passenger seat the "navigator's chair," and during the course of the trip let everyone have a seat in it — even if it's just for a few minutes — so everyone feels included.

Road trips provide the perfect opportunity to talk about family history, so think of creative ways to share family lore. There will be the inevitable "are we there yet?" questions, but in the end, your entire family will have memories to last a lifetime.

Feel Good Stories brought to you by Honey Nut Cheerios. EVERY DAY COULD USE a touch of honey

Will the plot include topless scenes?
The as-yet untitled Bond 23 is gathering pace. MGM announced the writing team for the new Daniel Craig-led mission: Neal Purvis, Robert Wade and Frost/Nixon writer Peter Morgan. **EMPIREONLINE.COM**

FRED PROUSER/REUTERS

A wax figure of actress Jennifer Lopez at Madame Tussauds Hollywood, the latest attraction on the L.A. tourist mecca strip.

Waxing on the glamour

LOS ANGELES Madame Tussauds is preparing to open its latest wax museum in tourist mecca Hollywood this summer.

The $55-million US complex, featuring more than 100 celebrity waxworks spread across three floors, is the biggest attraction to join the teeming thoroughfare in years. It also represents the latest attempt to restore some glamour to the faded area, whose 10 million annual visitors make it one of the world's busiest tourist attractions.

A decade ago, the area was much worse and gang-related crime was rampant. But since 2000, $700 million of public money has been poured into the area, which in turn has attracted $5.5 billion of private investment, according to city officials. Madame Tussauds will attempt to depict Hollywood's glamorous side when it opens on Aug. 1. **REUTERS**

In **brief**

TOUR The Black Eyed Peas are "trying to up our game" for the pop/hip-hop group's headlining tour, according to Fergie. The Peas' female member tells billboard.com that she and her bandmates will begin rehearsals for the headline portion of their tour later this summer, after a run of festival appearances in North America and Europe. **REUTERS**

Bowie's son takes off with Moon film

Forty years after David Bowie released his breakthrough single Space Oddity, his filmmaking son is headed for the stars with his first feature.

LARRY BUSACCA/GETTY IMAGES

Actor Sam Rockwell, left, and director Duncan Jones at the Tribeca Film Festival 2009.

Moon, a $5-million US sci-fi thriller that opened Friday in New York and Los Angeles via Sony Pictures Classics, recalls films of the '70s and '80s like Silent Running, Outland and Alien, not to mention Stanley Kubrick's 1968 epic 2001: A Space Odyssey.

It was directed by Duncan Jones, Bowie's 38-year-old son with ex-wife Angela. They originally named him Zowie, but he preferred to be called Joe while in his teens and then settled for Duncan. A graduate of the London Film School, he has carved out a career in Britain as a commercials director.

In Moon, Sam Rockwell plays an astronaut finishing a three-year contract to mine lunar helium to ship to Earth for energy use. The plot thickens when he meets a younger, angrier clone of himself who's there to do the same job.

Jones created the story specifically for Rockwell, who plays both roles seamlessly.

"I met up with Sam to discuss another project that we ended up not doing, but we got on very well," Jones recalled.

They talked about films they both loved and the kind of performances Rockwell wanted to do next. What really resonated was "the idea of those blue-collar guys back in those old science-fiction films." Jones to Rockwell: "Look, if you promise to read the script, I'll write something for you."

Jones did an extensive treatment, but was too busy shooting commercials to write the screenplay. Enter Nathan Parker, an unproduced screenwriter, who "took my treatment and did a really good job with it." Jones wrote the subsequent drafts.

"Look, if you promise to read the script, I'll write something for you."
Filmmaker Duncan Jones to actor Sam Rockwell

That was about three years ago. After nine months Jones had a script for Rockwell. Three months passed before Rockwell committed.

From day one, Jones had a $5-million budget in mind for his voyage to the moon: "We were thinking about how we could keep our costs to a minimum by keeping our cast small, by shooting everything in studio and by using very specific special effects."

Everything went lightning fast. There were just 33 days of live-action photography despite the film having more than 450 effects shots and many scenes that had to be shot twice so Rockwell could play his other self. Model miniature work required another eight days.

Gerty, the other key role, is a lunar station computer voiced by Kevin Spacey. Jones had a good offline cut of Moon with temporary special effects when shooting ended. He screened it for Spacey, who was so taken with Rockwell's performance that he came onboard for a half-day of recording.

The film premiered at the Sundance Film Festival in January, and reached theatres with overwhelming critical support. Joe Morgenstern at the Wall Street Journal cited Rockwell's "brilliant" performance and the "impressive" physical production.

Next up for Jones is Mute, a futuristic companion piece to Moon set in Berlin. The new film "is going to be a much busier and in some ways more commercial thriller," Jones explained. **REUTERS**

That's Sir Christopher to you
The Queen bestowed veteran actor Christopher Lee — who played Saruman the White in Peter Jackson's Lord of the Rings trilogy — with a knighthood on Saturday. Lee was recognized for his contributions to the dramatic arts. EONLINE.COM

Lauren's literary debut

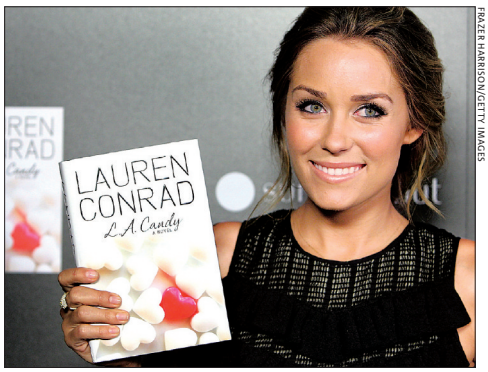
Lauren Conrad, until recently the star of MTV's reality series The Hills, sizes up the balding, middle-aged reporter sent to cover her debut as a novelist and emits an incredulous giggle.

"Dude, they made you read my book? It's for, like, 15-year-old girls," observes Conrad. It's true. Editors can be cruel.

Conrad was very much between things when she made a promotional stop in Toronto at the end of last month. The 23-year-old Laguna Beach native had just announced her decision to walk away from The Hills after five seasons.

She was also on the point of adding novelist to a resumé that includes work as would-be fashion designer and a recent cameo on Family Guy.

L.A. Candy is the first in a projected series of at least three novels about two California teens — one an aspiring party planner; the other a frosh at U.S.C. — recruited to appear in a reality TV show that vaguely resembles The Hills (at least as near as the reporter can judge, having watched half of one episode).



FRAZER HARRISON/GETTY IMAGES

Lauren Conrad poses at the launch event for her book, L.A. Candy, on June 10 at the Thompson Hotel in Beverly Hills, Calif.

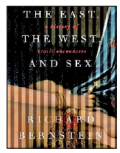
"I wanted to write something that I really knew about," says Conrad. "I knew that I could write a very true story about what it would be like to be cast in a reality show — something you weren't necessarily looking for — and being thrown into that experience.

"I purposely didn't model characters after specific people or bring up specific events. A lot of things — like the interview process, the first time you get miked and being introduced to the whole situation — is pretty true to my experience. It's different people and different situations, but I had to write what I was familiar with."

Conrad, who insists she wrote the book herself, concedes authoring a novel is not without challenges. "The process started forever ago. Almost a year ago I started doing all the outlines and creating characters and storylines. It was a long process," she says. TORSTAR NEWS SERVICE

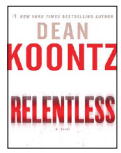
Western men's Eastern exploits

The East, the West and Sex
Author: Richard Bernstein
Publisher: Knopf
Price: $34 (Hardcover)



When considering the dynamic between East and West, we typically think of political, economic — and increasingly, religious — factors. But Richard Bernstein's new historical account explores global relations of another kind. Sex, maintains Bernstein, has been a great source of both suffering and satisfaction for those Eastern women who have been on the receiving end of Western men's pursuits. From popular figures such as Marco Polo and Gustave Flaubert, to lesser-known men who have shared their own exploits, Bernstein examines the impact of inter-hemispheric erotic encounters.

Relentless
Author: Dean Koontz
Publisher: Bantam Books
Price: $32 (Hardcover)



The adage, "We are our own worst critics," seems to have been lost on Cullen "Cubby" Greenwich. The author not only lives an idyllic life with his loving wife Penny, son Milo and dog Lassie; but he also enjoys a career that affords him personal fulfillment and a public profile. That is, until the book critic at the country's top newspaper tears his latest work apart. Cubby aims to ignore the vitriolic review, but an encounter with the critic at a restaurant changes his outlook. However, having stirred the reclusive reviewer, Cubby finds that he's being terrorized by a sociopath, putting his family in danger.

Shanghai Girls
Author: Lisa See
Publisher: Random House
Price: $28.95 (Hardcover)

Sisters Pearl and May Chin are living the high life in 1937 Shanghai. Then a byword for elegance and excess, the city is the backdrop for the girls' upbringing as they revel in their father's money. But when he loses the family fortune, Pearl and May are forced to leave home and be sold to prospective husbands. Having gone from riches to rags and living amidst Second World War combat, the sisters manage to escape China, landing outside Hollywood in Los Angeles. Lucky to be alive, the women must learn to adapt to a new country with husbands not of their choosing while battling Communist stereotypes.

— BRIAN COULTON/ FOR METRO CANADA

BookPicks

MTV anime tackles human trafficking

TELEVISION One of China's most sought-after actors is starring in an animated short film about human trafficking and sexual exploitation, issues that have plagued the country, and the rest of Asia, for decades. Zhang Hanyu, lends his voice to the Mandarin version of Intersection, which will be shown on Music Television (MTV) China this weekend. Thai and English versions have already been broadcast on MTV's Southeast Asia channels, and versions in other Asian languages are planned. The film, which is both humorous and darkly depressing is told from the perspective of five people, including a brothel owner, a trafficker and the victim. REUTERS

Kenya's Style
Kenya Hunt
Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

		Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
6/15/09	primetime	265	353	2	TVO	Time Team "York"		The Agenda With Steve Paikin		Midsomer Murders		In Korea with Norm Christie		Agenda-Paikin
		211	331	3	GTV	ET Canada	Entertainment	House (HDTV PA)		Lie to Me "Pilot" (HDTV)		Cold Blood (N)		News
		-	-	5	SRC	Des squelettes	La Petite vie	Chère Betty (HDTV) (SC)		Bons baisers de France (SC)		Le Téléjournal et Les Nou		TJ Ontario
		209	342	6	CHRO	The Road to Avonlea		Gossip Girl (HDTV)		*The Wedding Planner* ★★ (2001, Romance-Comedy)				Comedy Now
		196	311	7	CTV	Hollywood	etalk	Big Bang Th	Two/Half Men	Law & Order: Criminal Intent		CSI: Miami (HDTV)		News (N)
		208	303	8	CBC	Coronation St.	Jeopardy! (N)	*René Lévesque II* (2009, Biography)		(DVS)		CBC News: The National		The Hour
		-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	I'm a Celebrity, Get Me Out.		Law & Order: Criminal Intent		Dateline NBC (N)		News (N)
		117	713	10	TVA	Les Gags	Le Petit Monde	Ma Maison Rona (SC)		Monk (HDTV) (SC)		TVA 22 heures	Sucré-salé	*Bourreau*
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		-	362	13	CBS	Dr. Phil (HDTV)		Big Bang Th	How I Met	Two/Half Men	Big Bang Th	CSI: Miami (HDTV)		Two/Half Men
		216	395	14	OMN2	Raymond	According-Jim	News (N)		News (N)		Two/Half Men	King	Where-I Go
		214	344	15	CITY	Law & Order: SVU		The Bachelorette (N)				Here Come the Newlyweds (N)		News (N)
		115	343	16	CFMT	2Half Men	The Simpsons	News (N)		Vivere II	News (N)	The Simpsons	King of the Hill	Metropia
		218	345	18	E!	The Insider (N)	E! News	Rocker Moms	How I Met	The Soup (N)	Engagement	The Best Years (DVS)		News (N)
		-	361	20	ABC	News (N)	Entertainment	The Bachelorette (N)				Here Come the Newlyweds (N)		News (N)
		512	396	24	CPAC	La Période de questions		Heure polit.	L'Heure politique				Revue	Période-quest.
		651	355	25	CTS	Happy Days	Laverne	Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
		-	365	36	FOX	TMZ (N)	Seinfeld	House (HDTV PA)		Lie to Me "Pilot" (HDTV)		News (N)		News
		-	-	64	PBS	Business Rpt.	Wings-Canada	Antiques Roadshow		Live From Lincoln Center (N)			Boldt Castle	Charlie Rose
		205	312	104	CTV	Hollywood	etalk	Big Bang Th	Two/Half Men	Law & Order: Criminal Intent		CSI: Miami (HDTV)		News (N)
	news	502	390	26	NW	CBC News	Newman	The Hour		CBC News: The National		Miracle		National
		500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	sports	406	417	27	net	Air Racing From Windsor, Ont.				Best Damn Sports Show		Sportsnet Connected		Sportsnet Con.
		126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
		400	280	30	TSN	Billiards: 2008-Trick Shots		World Poker Tour				SportsCentre (HDTV) (Live)		
		410	403	52	SCR	RaceNight				(9:15) WWE Monday Night Raw				Score Tonight
		411	457	56	OLN	Bounty Hunter	Bounty Hunter	Departures		Survivorman		Bounty Hunter	Bounty Hunter	Departures
		417	406	59	SC	Pimp My Ride	Pass Time	This Week in NASCAR (N)		SuperCars	SuperCars	Barrett-Jackson		Car Crazy
	family	554	544	48	TEL	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	Punch	Robot Chicken	American Dad	Moral Orel
		557	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
		551	542	65	YTV	Prank Patrol	Prank Patrol	Malcolm-Mid.	Futurama	League-Evil	Zixx Level	Falcon Beach		Mystery Hnt.
	variety	570	580	29	MM	I'm a Celebrity, Get Me Out.		I'm a Celebrity... Get Me Out of Here!				Entourage	I'm a Celebrity, Get Me Out.	
		615	520	31	A&E	CSI: Miami (HDTV)		Intervention "Kristen"		Intervention "Donald" (N)		Obsessed "Russ; Karen"		Crime 360
		628	584	32	SPKE	CSI: Crime Scene Invstgtn.		UFC Unleashed		UFC Unleashed		4th and Long "Halfway There"		Pros vs. Joes
		521	560	34	TLC	Jon & Kate	American Chopper (HDTV)			Jon & Kate	Jon & Kate	Cake Boss (N)	Cake Boss	Amer. Chopper
		145	761	35	TV5	Clara Sheller		Un oeil sur la planète				Club social		Journal TV5
		616	521	39	SHO	The Outer Limits		Cashing In	Kink in Hair	*The House Next Door* (2006, Suspense) Lara Flynn Boyle.				House
		620	523	40	BVO	Moments in Motion		Ennio Morricone Concert Live in Venice (N)				Bravonews	Ensemble	Law & Order
		520	505	42	DIS	Daily Planet (N)		MythBusters		Dirty Jobs Leeches.		Canada's Worst Handyman (N)		Daily Planet
		575	583	43	CMT	Cheer Moms	Cheer Moms	Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Greatest
		601	562	45	SLC	Skin Deep	Til Debt-Part	Newlywed	Nearly Dead	Nearly Dead	Nearly Dead	In Laws	In Laws	ET Canada
		625	548	46	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Comedians of Comedy Live		Daily Show
		294	529	47	TBS	House-Payne	House-Payne	House-Payne	House-Payne	*The Fighting Temptations* ★★ (2003, Comedy) Cuba Gooding Jr..				
		600	564	49	H&G	House Hunters	Property Virgin	For Rent	Income Prop.	Property Virgin	My First Place	House Hunters	House Hunters	Holmes-Homes
		627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		*Descent* ★★ (2007, Drama) Rosario Dawson.				Stargate SG-1
		581	566	53	MTV	Teen Cribs	After	MTV News	Room Raiders	Hills Wedding	Living on Edge	Living on Edge	Sweet 16	MTV Live
		618	524	54	TROP	Once a Thief		Carlawood (N)	Prod. Parker	Ground Up		Are You Smarter		Weekend
		522	506	55	HIS	NCIS "Honor Code"		Tank Overhaul		For King and Country		NCIS "Honor Code"		Sea Hunters
		129	773	60	CD	Biographies		Paradis perdus (HDTV)		Images-chocs		Scènes de crime (HDTV)		National Geo
		261	394	61	V	Murder, She Wrote		Green Grass	Summer Wine	SOUL (DVS)		The Protestant Revolution		Poltergeist
		602	567	62	W	How Clean	Friends	How Clean	Kim	Love It or List It		The Agents (N)	House	Maxed Out
		269	350	70	APTN	Notre Peuple		Tam	Pachamama	*Vipères* (2002, Suspense) Jessica Paré, Sarain Boylan.				Tshinanu
		621	527	71	TLK	The Ellen DeGeneres Show		TMZ (N)	etalk	Canada's Next Top Model		Tonight Show-Conan O'Brien		TMZ
		603	561	95	FN	Chef at Home	Chuck-Day Off	Food Jammers	Glutton-Punish.	Food Detective	Get on Plate	100 Mile Challenge		Restaurant

critics'corner

How I Met Your Mother
Much to the dismay of her current friends, Robin rediscovers the "Woo Girls," a group of single women who like to party. Ted pitches Barney a design for his company's headquarters but fails to take into account Barney's insatiable appetite for the awesome in "Woooo!" 8:30 PM on 13 CBS 18 E!

Corner Gas
Bigger is not better. Really. In "World's Biggest Thing," Dog River residents realize giant-sized objects attract tourists. And it's the mayor's granny who comes up with the perfect idea — but the name of the landmark has a double entendre. Oscar's marriage is threatened by a romantic stalker. 11:30 AM on 46 COM

Two and a Half Men
Kids bring so much joy into your world. They also bring bills. Big bills. So when Evelyn offers to pay for Jake's college education, Alan wonders if he ever needs to work again, since all his money goes to Jake's college fund. Just think about it — disposable income! 8:30 PM on 7 CTV 104 CTV 13 CBS

Kylie the Catholic?

Reportedly set to marry Spanish model Andres Valencoso, Kylie Minogue may convert to Catholicism for the ceremony. A source said: "Kylie is so intent on including the traditional aspects of a Catholic mass that she's thinking of converting." FEMALEFIRST.CO.UK

Celebrity Buzz

Miley rebounds with ex Nick?

TOGETHER AGAIN? Less than a week after Miley Cyrus split from model Justin Gaston, the star admits that she has "reconnected" with ex-boyfriend, Nick Jonas, people.com reports.

"He's my best friend, and we still hang out all the time, and we've definitely reconnected," the Hannah Montana star told a Tennessee radio station on Friday. "We don't know what's going to happen in the future, but right now we're just kicking it and hanging out as much as we can."

The pair, both 16, was spotted on June 9, jet-skiing together on Tybee Island, where Cyrus is filming her new movie The Last Song. "They looked like they were having a blast," says an observer.

When asked about the excursion during her interview, Cyrus said "no comment" but mentioned, "I'm a jet ski demon!"

Cyrus and Jonas broke up in December 2007, after which "I bawled for a month straight," Cyrus told Seventeen magazine. But the two recently reunited when they collaborated on a duet with the Jonas Brothers and worked on the Disney's Friends for Change campaign.

"We both just kind of saw each other again and kind of decided this whole thing was stupid and ... we all were over the separation," Cyrus said on-air. "And our families are super happy that we're hanging out again."

METRO NEWS SERVICES

Coming out 'liberating'

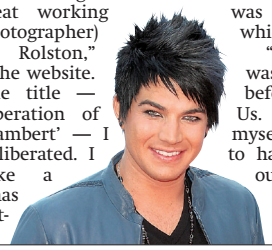
IDENTITY American Idol runner-up Adam Lambert doesn't have any regrets about coming out in the new issue of Rolling Stone, usmagazine.com reports.

"I'm really happy with it. The cover looks great. It was great working with (photographer) Matthew Rolston," he told the website. "And the title — 'The Liberation of Adam Lambert' — I do feel liberated. I feel like a weight has been lifted off my shoulders."

The 27-year-old told Rolling Stone he never declared his sexual orientation on Idol because he felt it would have been "so sensationalized that it would overshadow what I was there to do, which was sing.

"It's not like I was holding back before," he told Us. "I was being myself, but it's nice to have everything out in the open."

METRO NEWS SERVICES



Lily desperate for love?

PERMA-SINGLE Lily Allen is desperate for a boyfriend, femalefirst.co.uk reports.

The singer — whose latest relationship with art dealer Jay Jopling ended after a month — hates attending showbiz parties alone and has begged friends to set her up with a new man.

A source said: "Lily hates being single — she needs a man in her life ... She wants someone to hold her hand for all the red-carpet events she attends. "She's even been asking friends to set her up on dates. She can't seem to meet anyone, and it's making her miserable."

METRO NEWS SERVICES

Susan will sing ... for $212,360

CASH GRAB Britain's Got Talent phenom Susan Boyle is set to cash in on her fame by reportedly charging a whopping £115,000 ($212,360) to play 12-minute sets at corporate events around the world, popeater.com reports.

An email from the singer's agent, sent to a possible client, dropped the large figure, which would get the client three songs.

"She's the biggest star to have come out of Britain's Got Talent, so her price to sing reflects that," a source close to the singer told the News of the World. "These fees mean it will take 10 dates for her to make a million pounds, which is unprecedented for a reality-show winner."

METRO NEWS SERVICES

Jennifer hopes life imitates art

TOO HONEST Jennifer Aniston has a plan for achieving a future without love life complications — and it's all in her choice of movie titles, people.com reports.

On stage to accept the Women In Film's Crystal Award for expanding the role of women in the entertainment industry, Aniston pointed out that her personal fortunes over the past several years have been reflected in the titles of her films.

"I'm trying to be more careful than I have been in the past about the titles of movies that I choose to be in," she revealed. "It's funny — I kind of noticed something a couple years ago that there seemed to be this strange parallel to the movies I was doing and my life off screen."

"It started with, well, The Good Girl," Aniston explained. "Then that evolved into Rumor Has It, followed by Derailed, and then there was The Breakup. And then on the lighter side was Friends with Money, which I felt was a bit on the nose."

"So if any of you have a project titled Everlasting Love with an Adult, Stable Male...," she concluded.

METRO NEWS SERVICES

Why the fat obsession, Nia asks

RANT Nia Vardalos says it doesn't matter that she's written and starred in a few blockbusters — all people ask her about is her slimmed-down shape, usmagazine.com reports.

"It's just weight. Just 40 pounds of fat now gone from my body, but wow, it's pretty much all I get asked about. In the last year, I got to star in a movie, wrote and directed my next one, and adopted a three-year-old from American Foster Care. But guess what I'm asked... how did I lose the weight?" the My Life in Ruins actress, 46, wrote on CNN's AC360 Blog.

"I thought I was attractive when I shot My Big Fat Greek Wedding. Studio executives and movie reviewers let me know I had a confidence in my looks that was not shared by them," she says. "In other words, they labelled me with words like: Overweight, unattractive, unappealing.

"Hey, just say fat. I love the word fat. I used it in the title," she goes on. "It's actually not a naughty word. We give it a power it actually doesn't have. So, you're fat. Big deal."

METRO NEWS SERVICES

Pete in legal trouble again

UH OH Troubled rocker Pete Doherty was back before a judge again, this time after allegedly leading cops on a wild late-night chase in the U.K.

Doherty denied a charge of dangerous driving but pleaded guilty to two counts of possession of class A drugs and driving without a licence and insurance, according to the Daily Star. He reportedly "whooped" when he was granted bail.

METRO WORLD NEWS

Baldwin house in foreclosure?

FINANCIAL WOES While he's in Costa Rica shooting I'm a Celebrity... Get Me Out of Here, Stephen Baldwin is facing foreclosure on his house, according to the Associated Press. Baldwin and his wife owe more than $824,000 US in mortgage payments. Their Rockland County, N.Y., home will be auctioned off to the highest bidder on June 24.

METRO WORLD NEWS

GETTY IMAGES

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Wednesday Partly cloudy 26° / 17°

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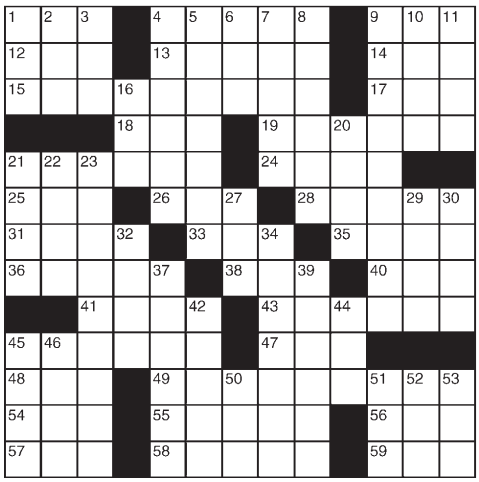
Take Five



Crossword across

1 "Slippery" tree
4 Regions
9 Pismire
12 Vast expanse
13 Ballroom favourite
14 Actress Myrna
15 Letter from the Vatican
17 Cleopatra's slayer
18 Floral garland
19 Undeveloped stage
21 Reacted in horror
24 Leeway
25 "Uh-huh"
26 Thickness
28 Dynamite inventor Alfred
31 Disposition
33 Formal 25-Across
35 "I never — man I didn't like"
36 Porcine sniffer
38 Pen point
40 Varnish ingredient
41 Small salamander
43 In a whimsical way
45 IOU signer
47 Listener
48 Swiss canton
49 Sandbox toy, maybe
54 Zero
55 Mohammedanism
56 Pod denizen
57 Kenan's co-star on Nickelodeon
58 Autocrats
59 Upper surface

Crossword down

1 Kreskin's claim
2 Meadow
3 Orienteering aid
4 Dormant
5 With great intensity
6 Ostrich's cousin
7 More skilled
8 Canned fish
9 Warning signal
10 Too curious
11 Error in print
16 Matterhorn, for one
20 Prosperous time
21 Workout venues
22 Charlize Theron film, "— Flux"
23 Ibis' kin
27 Hankering
29 Handy Latin abbr.
30 Frilly
32 Song for two
34 Motorcycle attachment
37 Cheap
39 Lullaby composer
42 Lock of hair
44 Sphere
45 Basketball tactic
46 A Great Lake
50 Chicken — king
51 Suitable
52 Zodiac sign
53 Once around the track

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

2	3						5	4
		1	4		6	7		
6								1
		6	7		3	4		
9								5
		4	2		1	9		
3								8
		2	5		8	3		
1	7						6	9

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

G	A	T	■	C	A	W	■	T	H	E	I	R
U	R	I	■	O	R	E	■	H	A	R	R	Y
E	G	G	■	L	I	E	S	A	W	A	K	E
S	U	E	■	A	S	P	E	N	■	■	■	■
T	E	R	M	■	E	Y	E	■	T	O	M	E
■	■	■	E	O	N	■	D	V	O	R	A	K
C	H	I	L	D	■	■	■	A	P	A	C	E
P	E	K	O	E	S	■	D	N	A	■	■	■
A	M	E	N	■	A	P	E	■	Z	O	L	A
■	■	■	■	P	I	E	C	E	■	P	I	N
C	A	N	T	S	L	E	E	P	■	I	L	K
A	D	I	O	S	■	V	I	I	■	N	T	H
R	O	B	O	T	■	E	T	C	■	E	S	S

8	7	9	3	5	2	4	6	1
2	3	5	4	6	1	9	8	7
1	4	6	8	7	9	3	2	5
4	6	3	1	2	5	8	7	9
5	9	2	7	3	8	1	4	6
7	1	8	9	4	6	2	5	3
3	5	7	2	1	4	6	9	8
6	8	4	5	9	3	7	1	2
9	2	1	6	8	7	5	3	4

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Chicken with Mixed Salad Greens

INGREDIENTS:

2 skinless chicken breast fillets
1 large clove garlic, crushed
1 head oak leaf lettuce
1 small head curly endive (frisée) lettuce
1 head radicchio
2 tbsp (25 ml) butter
salt and freshly ground black pepper
1 small lemon
3 scallions, finely sliced
8 oz (250 g) button mushrooms, thinly sliced

DRESSING:

1/2 cup (125 g/4 oz) light sour cream
1/2 cup (125 g/4 oz) yogurt
1 tbsp (15 ml) canola oil
1 tbsp (15 ml) white wine vinegar
1 tsp (5 ml) Dijon mustard
salt and freshly ground black pepper

METHOD:

1. Cut chicken into strips. Place chicken and garlic in bowl. Stir to combine. Chill, covered, 1 hour. Cut or tear oak leaf lettuce, curly endive and radicchio into small pieces. Place in a large bowl.
2. Heat butter in nonstick pan over medium heat. Cook chicken until golden brown and cooked through, about 5 minutes. Add salt and pepper to taste.
3. For dressing, whisk sour cream, yogurt, oil, vinegar and mustard in bowl until combined. Add salt and pepper to taste. Stir dressing into salad greens. Distribute salad greens among serving plates.
4. Peel thin strips of rind from lemon. Place chicken, scallions, mushrooms and lemon rind on top of salad greens.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
There is a lot of tension in your life now and you need to find a constructive way to let it out. Get together with like-minded friends and let off steam.

TAURUS ♉
APRIL 21-MAY 21
A high-ranking individual will give you a hard time today. They may not be entirely fair in their criticisms but you are advised not to respond in kind.

GEMINI ♊
MAY 22-JUNE 21
Jupiter in one of the more decisive areas of your chart endows you with lots of enthusiasm but be sensible about what you can do. Don't strive too hard.

CANCER ♋
JUNE 22-JULY 22
There is no point trying to keep disturbing information from loved ones and relatives today. One way or another they will find out soon enough.

LEO ♌
JULY 23-AUG 23
You will need to be a lot more flexible where relationships are concerned this week. What you get will depend on what you are prepared to give.

VIRGO ♍
AUG 24-SEPT 22
If you learn from mistakes, this week should be fun and profitable. While others refuse to change their ways you will be quietly moving with the times.

LIBRA ♎
SEPT 23-OCT 23
Jupiter in your fellow air sign of Aquarius endows you with limitless self-confidence, but you would be wise not to get carried away.

SCORPIO ♏
OCT 24-NOV 22
You may be tempted to criticize someone, but the planets advise strongly that you bite your tongue and keep your thoughts to yourself.

SAGITTARIUS ♐
NOV 23-DEC 21
What was such a big mystery to you yesterday will seem perfectly obvious today. How you got so confused is anyone's guess, but don't dwell on it.

CAPRICORN ♑
DEC 22-JAN 20
It's OK to be outspoken but don't go too far and say things that turn important people against you — even if what you say is entirely true.

AQUARIUS ♒
JAN 21-FEB 18
Your lucky streak is not coming to an end, but you do need to be more selective when choosing friends and business partners.

PISCES ♓
FEB 19-MARCH 20
You're not in control of a particular situation but you're determined not to let others know. Why? No one expects you to be on top of everything.

WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Wharf does and fawns (1)
2. Drench actor Maria Brandauer (1)
3. Most excellent school exam (1)
4. Bout victor's tented areas (1)
5. Loosely hang a slip-on bracelet (2)
6. More curmudgeonly poor golfer (2)
7. Petty quarreling tittering (3)

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6-15-09

ANSWERS
1. PIER DEER 2. DOUSE KLAUS 3. BEST TEST 4. CHAMPS CAMPS 5. DANGLE BANGLE 6. GROUPIER DUPIER 7. BICKERING SNICKERING

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